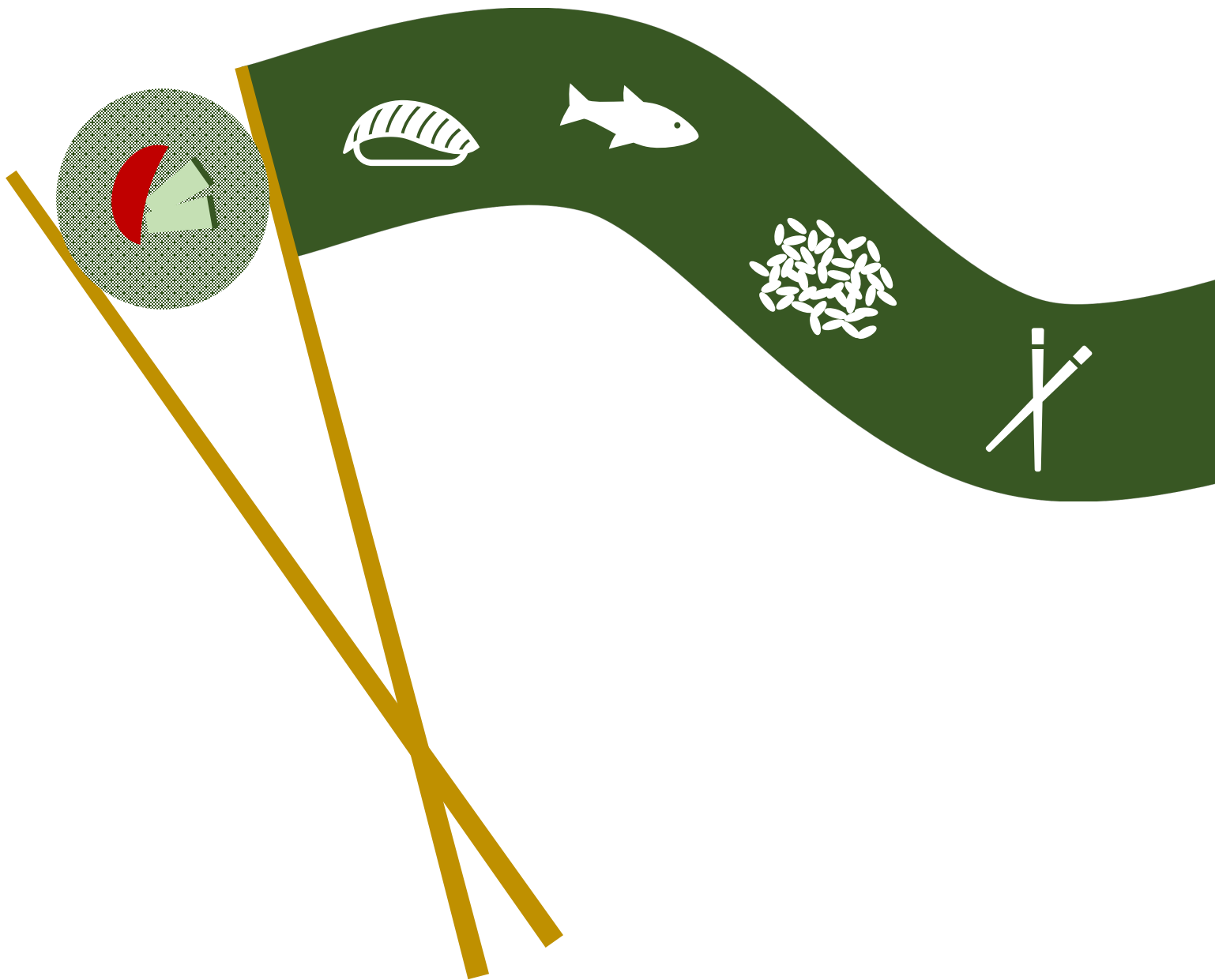


Sushi Rolling



Culinary Arts



Sushi Rolling

- Provided Materials**
- Measuring utensils
 - Sushi rice
 - Sushi seasoning
 - Nori sheets
 - Sushi mats
 - Chopsticks
 - Ginger

- Required Materials**
- Pot or rice cooker
 - Mixing bowl
 - Mixing spoon
 - Knife
 - Fillings, such as fish, crab, cucumber, avocado, roasted red pepper

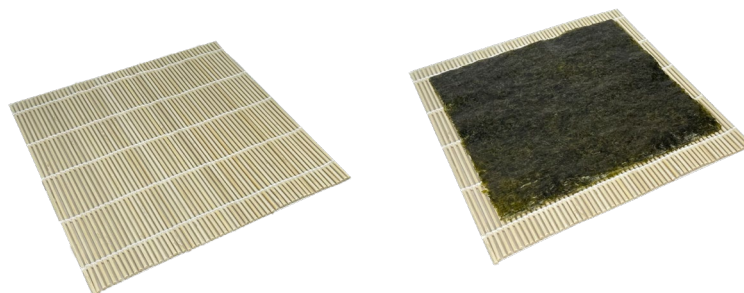


Safety First.

Before you begin, wash your hands with soap and water.

Instructions

1. Rinse the rice to remove the starch.
 - Place 2 cups of rice into a mixing bowl.
 - Cover with cool water.
 - Swirl the rice in the water, then pour the water off.
 - Repeat 2 to 3 times or until the water is clear.
2. Cook the rice.
 - Into a medium saucepan, measure 1 cup of rice to 1.1 cups of water (0.1 cup equals 1.6 tablespoons).
 - Place over high heat. Bring to a boil, uncovered.
 - Reduce heat to lowest setting and cover.
 - Cook for 15 minutes.
 - Remove from heat and let stand, covered, for 10 minutes.
 - Transfer to large mixing bowl.
3. Season the rice.
 - Measure 2 tablespoons of seasoning into the rice.
 - Using a mixing spoon, fold in the seasoning until each grain of rice is coated with seasoning.
 - Allow to cool to room temperature.
4. Prepare the nori.
 - Open the sushi mat.
 - Lay a piece of nori in the center of the mat.



What is nori?

Nori is an edible seaweed used in Japanese cuisine. Originally eaten as a paste, it is now shredded and rack-dried into paper-like sheets.

The sheet form of nori was invented in Tokyo, Japan around 1750 through the Japanese method of paper-making.

5. Spread the rice on the nori.
- Leave some room around the edges.



6. Lay fillings lengthwise on the rice.
- Place your own fillings in the centre of the sheet.



7. Roll the sushi.
- Use your forefingers to hold the fillings in place.
 - Roll the sushi inside the mat until the edge of the mat touches the rice.
 - Use the mat to tighten the sushi roll: use your fingers to pull back on the rolled mat evenly along its length.
 - Holding the rolled mat in place, draw the edge of the mat to release it from the sushi roll.
 - Continue to roll the sushi inside the mat until finished.



8. Cut and serve.
- Open the mat to reveal the sushi roll.
 - Cut the roll widthwise in 1-inch slices.
 - Serve with wasabi, soy sauce, seasoned ginger, or Japanese mayonnaise (Kewpie sauce).



Follow this QR code to view the instructions in video form, or visit: www.youtube.com/@skillsalberta

Try-A-Trade Takeout Program

Sushi Rolling

V1

Material: Food

Trade: Culinary Arts